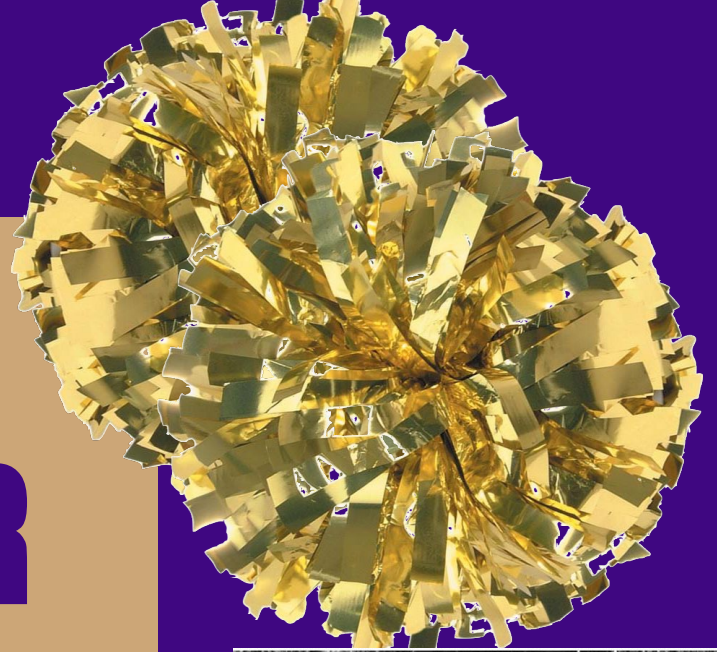


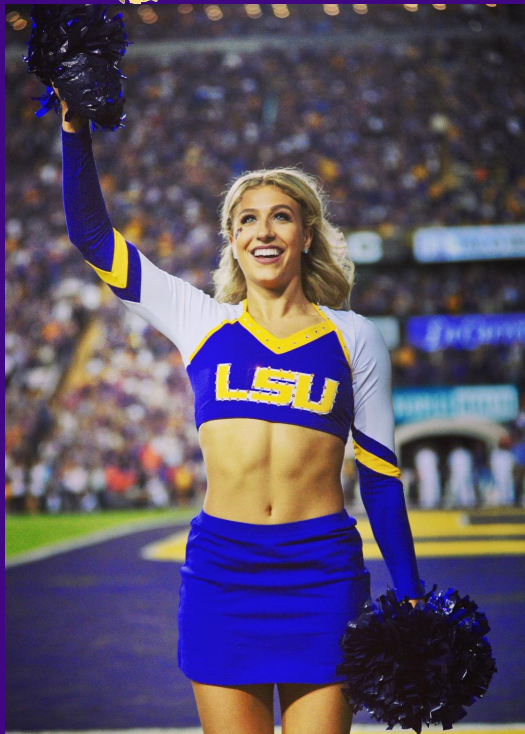


LSU TIGER GIRLS





LSU SPIRIT SQUAD MISSION



LSU SPIRIT SQUADS

Our Mission:

To support all LSU athletic teams by attending and building crowd enthusiasm at events while promoting the traditions of LSU.

Our Vision:

Lead by example and strive to be the best spirit program in the nation

Our Values:

Teamwork

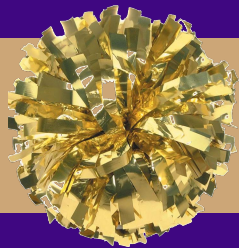
Integrity

Growth

Excellence

Respectful

Serve



LSU SPIRIT SQUADS



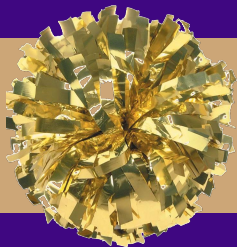
CHEER



DANCE



MASCOTS

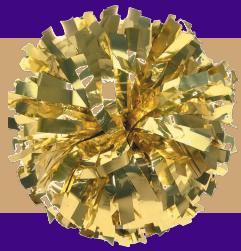


TIME COMMITMENT

LSU Tiger Girls October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Practice 6:30PM-8:30PM	2 Practice 8:00AM-11:15AM	3
4	5 Practice 8:00AM-11:15AM	6	7 Practice 8:00AM-11:15AM	8 Practice 5:00PM-8:30PM	9 Practice 8:00AM-11:15AM	10 Football vs. Missouri 9:00PM
11	12 Practice 8:00AM-11:15AM	13	14 Practice 8:00AM-11:15AM	15 Practice 5:00PM-8:30PM	16 Practice 8:00AM-11:15AM	17
18	19 Practice 8:00AM-11:15AM	20	21 Practice 8:00AM-11:15AM	22 Practice 5:00PM-8:30PM	23 Practice 8:00AM-11:15AM	24 Football vs. S. Carolina 1PM
25 Virtual Tryout Clinic 12:00PM-3:00PM	26 Practice 8:00AM-11:15AM	27	28 Practice 8:00AM-11:15AM	29 Practice 5:00PM-8:30PM	30 Practice 8:00AM-11:15AM	31

- Practice 4 times a week/ open practice
- Workouts 3 times a week
- Summer Camp/Preseason
 - Tentative 2021 dates: July 17-24
- Philanthropy & community events
- Appearances & promotions
- Games
 - Football, Basketball, Gymnastics
- Nationals



FOOTBALL

- Game Day Promos
- March down Victory Hill
- Pregame performance
- Sideline performance during the game
- 11 dancers per game
- Cheering/Dancing/Tumbling
- Traditions & School Spirit!





BASKETBALL

- All Men's and Women's Home Games
- Purple and Gold Teams
- Pregame Show on Court
- Halftimes
- Travel to Men's SEC and NCAA
- 10-12 Dancers Per Game

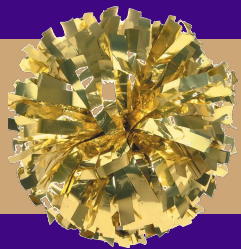




GYMNASTICS

- Home Gymnastics Meets
- Dance in between sessions in main floor
- Themed halftime or hip-hop routine
- Packed PMAC!

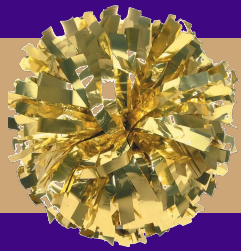




NATIONALS

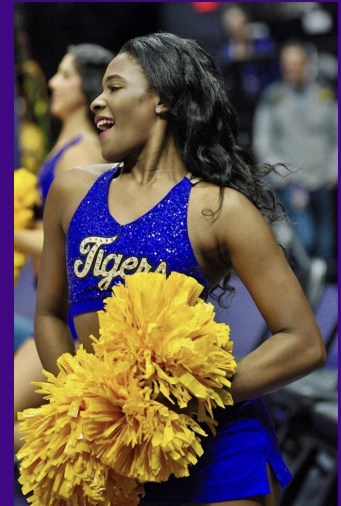
- Currently Ranked 3rd in Hip Hop
4th in Jazz
- August-January (Christmas Break Practices)
- Compete top 16 in both dances
- Fully funded
- Large following + fans





GUIDELINES & POLICIES

- Standard to uphold LSU tradition of character, integrity & spirit
- Professional appearance on/ off campus & online (Instagram, Snapchat, Tik Tok, Twitter, etc.)
- Proper care of uniforms
- Required attendance of all games, practices, etc.
- Maintain 12 or more semester hours/ 2.0 GPA for the semester
 - 2.5 CUM GPA for transfer students/ freshmen = 6 study hall hours
 - 2.3 GPA for travel/ maintain scholarship allowance

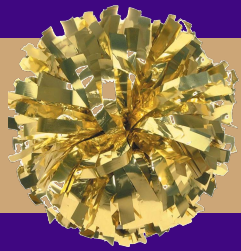




STIPENDS & SCHOLARSHIPS

- No financial obligations
 - Nike sponsorship
 - Nationals season/ travel per diem
- Current Stipends given to second year and above members:
 - Second year- \$1000/ year
 - Third year- \$1500/ year
 - Fourth/ Fifth year- \$2000/ year



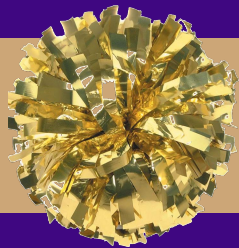


HEALTH & WELLNESS

- Team nutritionist
- Team athletic trainer
- Team therapist
- Mental health counseling services



**SPORT PSYCHOLOGY
& COUNSELING**



LAGNIAPPE

- Student- athlete priority scheduling
- COX Communications Academic Center for Student-Athletes
- NIKE gear
- School funded nationals/ SEC & NCAA travel
- Hands- on coaching
- Spirit Squad Facility
- Per diem for travel
- Best view at sporting events
- Best Friends





TRYOUT PROCESS

NOT MANDATED:

- Training via classes and clinics
 - April 11th clinic at LSU (not a part of auditions)
- Visit Campus
- Meet Coaches (zoom/email)



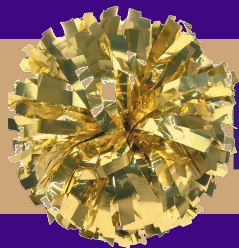


TRYOUT PROCESS

MANDATED:

- April 2: Audition material released via email
- April 12: Video submissions due by midnight (CST)
- April 14: First video cut is made
- April 16- 17: Zoom interviews
- May 2: Zoom masterclass/ Phase 2 invitations
(New medical/insurance paperwork for this round)





Required Skills

NO CERTAIN NUMBER OF NEW MEMBERS (20-24 TOTAL)

JAZZ

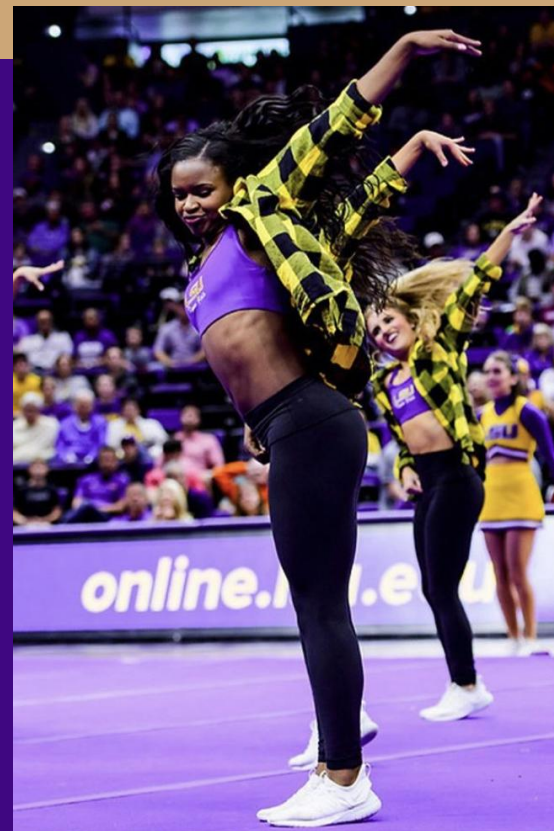
- Quad pirouette
- A la secondes
- Basic jumps
- Leg extensions

HIP HOP

- Headspring
- Headstand
- Kip Up

GAME DAY

- Aerial
- Tumbling pass of choice





WHAT'S NEXT?!

- Fill out a registration form (link on website/Instagram)
- Look for confirmation email with careful instructions on video checklist and liability waiver
- Email video links/form by April 12th



